

MENTAL HEALTH FIRST AID

**16 + 17 JULY or
18 + 19 SEPT or
20 + 21 NOV**
MENTAL HEALTH FIRST AID - TWO DAYS
Acclaimed evidence-based training and
Mental Health First Aid accreditation

**13 + 14 AUG or
30 + 31 OCT**
ABORIGINAL MENTAL HEALTH FIRST AID - TWO DAYS
Acclaimed evidence-based training and
Mental Health First Aid accreditation

LEADERSHIP AND MANAGEMENT

24 JULY
DEBRIEFING SKILLS
Reflection, review, resilience

**30 JULY or
24 OCT or 3 DEC
(1/2 DAY ONLINE)**
LEADING OTHERS: NEW MANAGERS AND SUPERVISORS
Integrity, support, outcomes

9 AUG
MANAGING AND MOTIVATING STAFF WITH DISC® - NEW
Globally acclaimed personal profiling tool

27 AUG
DIFFICULT CONVERSATIONS
Compassion, clarity, courage

**9-11 SEPT or
13-15 NOV**
DARE TO LEAD™ – BRENE BROWN - THREE DAYS - NEW
Based on the work of Dr Brené Brown

26 NOV
GROUP FACILITATION TOOLS
Holding the space

28 NOV
PSYCHOSOCIAL HAZARDS IN THE WORKPLACE
Identify and address psychosocial risk

5 DEC
MENTORING OTHERS - NEW
Sharing your experience

DIVERSITY AND INCLUSION

25 JULY
DIVERSITY IN GENDER AND SEXUALITY
Improving inclusion and customising support

**6 AUG or
17 OCT**
MANAGING CHALLENGING PERSONALITIES
Diverse personalities and how to engage them

**20 AUG or 5 SEPT
(1/2 DAY ONLINE)
or 12 NOV**
NEURODIVERSITY IN THE WORKPLACE
Understand and support neurodivergent staff

**3 SEPT or 7 NOV
(1/2 DAY ONLINE)
or 3 DEC**
ABORIGINAL CULTURAL COMPETENCE
Moving beyond awareness

6 NOV
CULTURAL DIVERSITY AND INCLUSION
Identity, insight, inclusion

OPERATIONAL SKILLS

**18 JULY
(1/2 DAY ONLINE) or
12 SEPT or 11 DEC**
GRANT WRITING
Tools to increase your chances of funding

1 AUG
ON BOARD: INTRODUCTION TO GOVERNANCE
Skills for organisational stewardship

8 AUG
SUCCESSFUL EVENT MANAGEMENT
Strategies and secrets

29 AUG
COMMUNITY CONSULTATION TOOLS
Engagement, education, empowerment

9 OCT
FEARLESS FREELANCING - NEW
Thriving as a self-employed professional

16 OCT
SYSTEMIC ADVOCACY
How to influence decision-makers and change the world

7 NOV
RISK MANAGEMENT PLANS
Manage, mitigate, minimise

COMMUNICATION AND INTERPERSONAL SKILLS

31 JULY
DE-ESCALATION SKILLS FOR DISABILITY WORKERS
Specialist skills for the disability sector

**21 AUG or 17 SEPT
(1/2 DAY ONLINE)
or 19 NOV**
DE-ESCALATING CONFLICT AND AGGRESSION
Prevent violence and defuse volatile situations

22 AUG
NAILING NETWORKING - NEW
Building professional relationships, connections and
support systems

5 SEPT
ASSERTIVE COMMUNICATION
Standing your ground

17 SEPT
EVERYDAY COUNSELLING SKILLS
Responding when the need arises

15 OCT
ENGAGING CLIENTS AND STAKEHOLDERS WITH DISC® - NEW
Globally acclaimed personal profiling tool

22 + 23 OCT
GAINING GRAVITAS - TWO DAYS
Personal presence, charisma, impact

6 DEC
COMMUNICATION AND PEOPLE SKILLS WITH DISC® - NEW
Globally acclaimed personal profiling tool

PUBLIC SPEAKING

23 JULY
PUBLIC SPEAKING: INTRODUCTORY
Introductory public speaking skills

14 SEPT
MASTERING CEREMONIES
Advanced MC skills

8 NOV
PUBLIC SPEAKING: INTERMEDIATE
Improve your presentations!

COMMUNITY SUPPORT WORKER TOOLS

15 AUG
DIALECTICAL BEHAVIOUR THERAPY (DBT) TOOLS
Emotional regulation and integration

28 AUG
REFLECTIVE PRACTICE - NEW
Awareness, analysis, insight

**4 SEPT or 29 OCT
(1/2 DAY ONLINE)**
DEFENSIBLE DOCUMENTATION
Improved professional record keeping

8 OCT
INTERGENERATIONAL TRAUMA
Understand and support the next generation

29 OCT
DUAL DIAGNOSIS: MENTAL HEALTH AND SUBSTANCE USE
Prevention, treatment, recovery

5 NOV
TRAUMA-INFORMED PRACTICE
Reactions, realities, recovery

10 DEC
SUICIDE PREVENTION PLANS
A personalised approach

12 DEC
PROFESSIONAL BOUNDARIES
Where to draw the line

MENTAL HEALTH AND WELLBEING

18 JULY
ABORIGINAL MENTAL HEALTH AWARENESS
Social and emotional wellbeing for Aboriginal people

7 AUG
POSITIVE PSYCHOLOGY AND RESILIENCE
Evidence-driven tools for wellbeing

10 OCT
UNDERSTANDING SELF-HARM
A harm minimisation perspective

27 NOV
MINDSET MATTERS - NEW
Cognitive tools for reframing self-talk

4 DEC
UNDERSTANDING DISSOCIATION
Develop awareness and provide better support

Based on the work of Dr Brené Brown

Author of **six #1 New York Times best sellers**, translated into 30 languages, researcher and Netflix sensation, Brené Brown is a global inspiration.

Based on Brené Brown's research, Dare to Lead™ is an empirically based courage building program, delivered by Certified Dare to Lead™ facilitator, **Julie Loveny**.

Join us for this globally recognised three-day course, **suited for everyone**, regardless of any leadership role.

DATES: 9, 10 + 11 September or 13, 14 + 15 November

PRICES: \$2580 standard | \$1760 NFP | \$1190 concession



Mental Health First Aid is the **two day**, globally recognised, accredited training program which is the **mental health equivalent of physical first aid**.

Participants who pass the post-course test will be **accredited as a Mental Health First Aider** for three years before a half-day refresher is required.

We offer Standard, Aboriginal and Torres Strait Islander, Youth Aboriginal and Torres Strait Islander, Youth and Refresher Mental Health First Aid training.



**MENTAL
HEALTH
FIRST AID**
Australia

- DURATION:** In-person courses - One day unless otherwise stated
Online courses - Half day
- LOCATION:** In-person courses - West Leederville premises
Online courses - Live online via Zoom
- PRICES:** One-day courses
\$315 standard | \$215 NFP | \$145 concession
- Two-day courses
\$540 standard | \$370 NFP | \$250 concession
- Half-day courses
\$190 standard | \$130 NFP | \$85 concession
- DiSC® + Dare to Lead™ course prices - see inside pages

SCHOLARSHIPS: For those with financial barriers, apply via event page

BOOK HERE:  evolvewa.com.au/bookings

In addition to this public training calendar, all courses can be customised to suit your needs and scheduled to suit your group's availability.

- DURATION + CONTENT:** Tailored to your group's exact needs and industry context
- LOCATION:** Available anywhere in Australia
- PRICES PER GROUP:** One-day courses (6 to 24 people)
\$2400 standard | \$1900 NFP
Other length courses - please contact us
- CONTACT:** katrina@evolvewa.com.au | (08) 6117 5520
- VENUE HIRE:** Enquire about hiring our centrally located West Leederville venue

EVOLVE

TRAINING CALENDAR 2024

JULY - DECEMBER

OUTSTANDING PROFESSIONAL
DEVELOPMENT COURSES

Whadjuk Noongar Boodjar
Level 1, 20 Southport Street
West Leederville WA 6007

Ph: (08) 6117 5520

evolve@evolvewa.com.au

EVOLVEWA.COM.AU

DiSC® is the globally acclaimed **personal profiling tool** used by more than one million people every year, 100,000 organisations worldwide and over 70 countries in 12 languages. Developed by psychologist William Moulton and powered by 40 years of research, the DiSC® model offers profound insight into who we are and how we function.

You will receive a comprehensive personalised report, capturing your preferences, tendencies and how you relate to others. On the day, your Certified DiSC® Practitioner, **Eddie Stowers**, will help you understand and interpret your profile and what it means in the real world.

- **Managing and Motivating Staff with DiSC®**
9 August
- **Engaging Clients and Stakeholders with DiSC®**
15 October
- **Communication and People Skills with DiSC®**
6 December

PRICES: \$555 standard | \$455 NFP | \$385 conc.
Includes your personal DiSC® profile valued at \$240 + selected training day



Join veteran TV and radio personality, trainer and executive coach **Carmen Braidwood** for these insightful and practical courses, drawing from her decades of experience in media, business and education.

- **Nailing Networking: 22 August**
Building professional relationships, connections and support systems
- **Mastering Ceremonies: 14 September**
Advanced MC skills
- **Fearless Freelancing: 9 October**
Thriving as a self-employed professional

